

Strike vote close

By ALEX COOKE

Ontario college students were left with more questions than answers after a faculty vote on Feb. 10 resulted in 51 per cent voting in favour of the latest contract offer.

At issue was 300 mail-in ballots that were yet to be counted, which could change the results. The final result was expected by Feb. 20.

Ted Montgomery, head negotiator for the Ontario Public Services Employees

Union, said the result was too tight to call. "We do not have a clear and final majority either way," he said.

OPSEU had set a strike date of Feb. 17, but indicated a new strike date would be set if the final count indicated a rejection of the offer.

"If rejected, we will ask the employer to immediately resume negotiations," Montgomery said.

"And, failing a negotiated contract, we will again urge the colleges to submit all out-

standing issues to binding arbitration."

Lead negotiator for the colleges, Rachel Donovan, said she was pleased to see that the faculty has recognized the offer as fair, but dismissed any notion of further negotiations.

"As far as we are concerned this was our final offer," she said.

At Conestoga, 431 of a possible 517 people voted, with 63 per cent voting in favour of the contract.



PHOTO BY ALEX COOKE

Faculty at Conestoga College and 23 other Ontario colleges cast their votes on a contract offer Feb. 10. Overall, 51 per cent voted in favour of accepting the contract, but the result wasn't deemed official because 300 mail-in ballots had not been received.

February is heart month

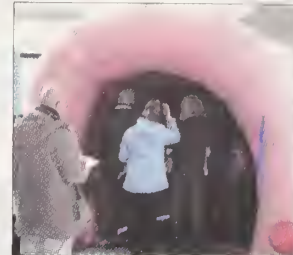
Support the Heart and Stroke Foundation.
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SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS

A unique trip

It's not often you get to explore a giant colon.
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MONDAY, FEBRUARY 22, 2010

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42ND YEAR - NO. 6

Students make waves at Polar Plunge

By ALEX COOKE

Bellyflops, cannonballs and swan dives were all on display Feb. 3 at this year's Polar Plunge. The event raised more than \$4,500 for the Canadian Cancer Society.

On Feb. 10, the Waterloo campus held its own Polar Plunge, with proceeds also going to the cancer society.

Tara Herriot, Conestoga Students Inc. event co-ordinator and 2009 graduate of the marketing program who organized the event, plunged last year for cystic fibrosis and said it was a very different experience.

"It was exciting," she said. "But when you're on the inside, it goes by so fast."

To hold an event such as the Polar Plunge takes more than just one person. Herriot said she utilized the talents of 28 students from a marketing and event planning class. She also had many volunteers in orange safety vests who answered questions and helped organize the participants.

Brad Kueneman, Matt Bloom, Justin Wingrove, Chris Hering and Mike Motaand, all students in the pre-service firefighter education and training program, cut the hole in the foot-thick ice the day before the event.

"It took two hours (to cut the hole)," Kueneman said. "We were currently doing the ice rescue portion of our course," Bloom added. "I thought it would be a good chance for me to gain more experience."

A side effect of plunging into the frigid waters of Conestoga's pond was a distinct odour that would waft downwind a few seconds after each of the jumper's leaps.

"The smell occurs when organic material on the bottom of the pond is stirred up," Kueneman said. "We tried not to kick up the bottom as we cut, but that certainly happened with the number of polar plungers!"

Warm temperatures at last year's



PHOTO BY ALEX COOKE

A student soars through the air during the Polar Plunge Feb. 3. The event raised more than \$4,500 for the Canadian Cancer Society. See Pages 6 and 7 for more photos.

plunge weakened the pond ice, making it unsafe, so participants "plunged" into a kiddie pool just outside the cafeteria doors.

Another new sight this year was the grandstand seating rented from the City of Kitchener, to allow spectators to safely watch at a distance.

"We wanted to avoid crowding on the edge of the ice," Herriot said.

As a further safety precaution, St. John's Ambulance staff were on-site in case of injuries or side effects of the cold water. Conestoga's security members were also at the pond's edge, occasionally asking those crowding on

the slick surface of the frozen pond to back up.

Some confusion arose after the event wrapped up at 12:05, as 30 students in the first-year pre-service firefighter education and training program had just arrived to take the plunge.

"You can't say no to late arrivals in a charity event," Herriot said with a laugh.

Luke Upfold was one of those 30, and described a chaotic scene as he and his classmates quickly changed for their turns in the water.

"There were shoes and clothes all over," Upfold said.

As for the water, it wasn't as cold as he had anticipated. Soon he will be going to Mexico, so he used his imagination to get through his plunge.

"I pictured my jump over and over," Upfold said. "I kept imagining the warm water of Mexico's beaches."

Of the 87 people who signed up, 57 participated. Awards were given to second-year accounting student, Nadir Chaudhry, who raised \$1,400, the most money raised this year. Best costume went to Rachel Ford, who wore a wedding dress, and Matt Winter won best jump, performing a flip into the water.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

With the Olympics continuing
this week, what events
are you excited to watch?

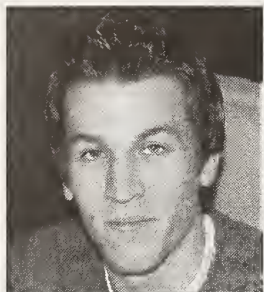


"I'm not a big fan of the Winter Olympics, but I do like Canada versus anybody in hockey."

Derek Moua,
second-year
electronics engineering

"Canadian men's and women's hockey. Hope for the gold."

Adam Watson,
first-year
police foundations



"I like watching the figure skating. The movements and dance, I just love it."

Patricia MacGregor,
third-year
accounting

"Something fun. I don't really know much about the Olympics."

Alvin Xie,
third-year
material and operation
management



"I don't actually care that much. But since my boyfriend likes it, I'll probably end up watching whatever he does."

Stephanie Keeler,
first-year
office administration

"Hockey, speed skating, all the events. Maybe not curling or figure skating though."

David Francis,
second-year
general business



Smile Conestoga, you could be our next respondent!

Guiding students to healthy choices

By JANELLE SCHEIFELE

In the blue room off the main cafeteria amongst students doing homework, chatting and eating poutine, Student Health Services put on a presentation about healthy eating.

"You want to get a balance," said Janice Schmeltzer, coordinator of the dietetic technician program. It's about "feeling good and not thinking about yourself being on a diet."

Schmeltzer presented Eating Well with Canada's Food Guide on Feb. 3. She explained the food guide and went through each food group, discussed serving sizes, gave tips for healthy eating and had a question and answer period. Copies of the food guide were handed

out, as well as a pamphlet stressing the importance of healthy eating and highlighting options available at the cafeteria.

Schmeltzer suggested starting the day off with a balanced breakfast, choosing a smaller plate and drinking lots of water.

"Try to focus and choose the foods that you're eating so you're going to get the vitamins and minerals you require," Schmeltzer said.

The healthy eating seminar was offered as part of the Health Services Healthy Living Challenge 2010 where students, staff and faculty earn entries by attending events and choosing healthy options through Feb. 26.

Brenda Warner, a faculty member of the School of Business, is participating in

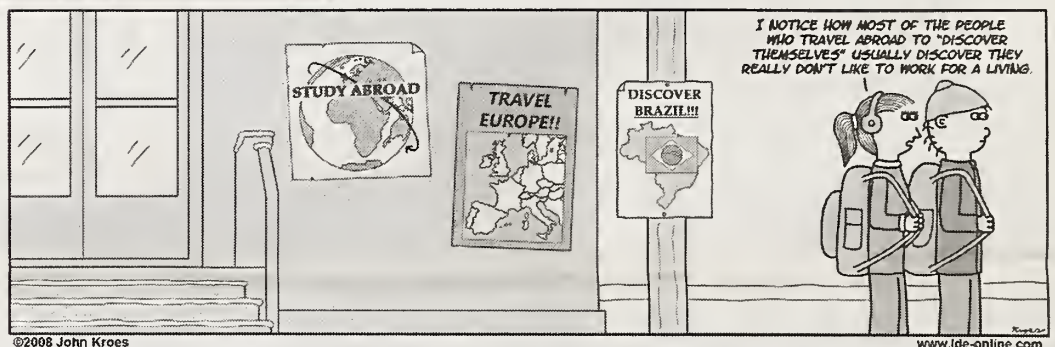
the challenge whenever she can and attended the seminar as a "refresher" course.

Warner said with all the conflicting reports about what is good and bad for you when it comes to food, it's easy to get overwhelmed.

"There's nothing left to eat or drink."

Health Services is now offering nutrition counselling with the dietetic technician students. You will need to bring a three-day food record with at least one weekend day and the student counsellors will recommend changes. Sessions are free but an appointment is necessary. For more information on nutrition counselling or the Healthy Living Challenge visit Health Services in Room 1A102 or call 519-748-5220, ext. 3679.

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Shaken

A DEEPER LOOK AT THE EARTHQUAKE IN HAITI

By MICHELLE SOMMER

I can't honestly describe what it feels like to have a cement brick house swaying and buckling underneath you. I just remember feeling so helpless and not knowing what to do. What's a wooden doorway going to help if the cement crumbles around me, I wonder.

The quaking seems to last for a long time. I hear Denise screaming outside and calling "Jezi, Jezi" (Jesus, Jesus). I close my eyes to pray but don't know what to say.

This was only a short paragraph of a long blog written by the Krul family at 5 p.m. on January 12, 2010.

Jason and Wilhelmina Krul are missionaries who were assigned to Haiti by the Mission Aviation Fellowship, an organization that appoints missionaries to countless countries in need. They were in Haiti with their two-year-old son Jayden.

The Kruls have lived there for nearly a year and a half and were present to witness the devastating collapse of the island early in January.

In a blog titled, Going

Through the Motions, written the day after the quake, Wilhelmina writes about the indescribable ruin and uncertainty they face.

Neighbours who've driven down to Delmas show us pictures of what they've seen. Bodies lying alongside the streets, some covered in sheets and some not; crowds of people just walking and walking, either searching for loved ones, or just not knowing where else to go.

The pictures of the Caribbean market where we normally shop for groceries are horrific; twisted metal shopping carts, pieces of the checkout counter, and all other unidentifiable objects in one heaping pile of rubble.

The Kruls received the greatest blessing of all, their family survived.

But there was much to be done. Wilhelmina tried to comfort her friends and neighbours and piece back together their broken home, while Jason braved the horrific sights of the streets.

Wilhelmina recalled one day when Jason returned home. "He seems shell-shocked," she wrote. When he arrived at an

emergency scene, he was asked if he knew how to do stitches and though he replied that he'd only done it once, it was good enough for

“

With very little know-how and no anesthesia I got to work stitching up these

big gashes. While I

stitched, people were

screaming and others

helped to hold them down.

I just had to do it though;

today I was the doctor.

— Jason Krul

”

the injured.

When Jason and other members from the mission team drove home that evening, a group of people called to them from an apartment building. It was difficult for them to peer down into

three storeys of rubble and see the body parts. When they tried to help however, everything started shifting and it became too dangerous to work without the proper equipment.

At a meeting with other MAF missionaries, the Kruls learned one of the members of their team had died. Daniel, only 24 years old, was one of the mission's national staff. He was the same age as Wilhelmina.

Two days and much heartache later the Kruls made it back to Canada, on Jan. 14.

Jason returned to Haiti a couple of weeks later to hand out food which he brought with him. Wilhelmina and Jayden are staying temporarily in B.C. "We hope to return to live (in Haiti) this coming summer," said Wilhelmina.

In a blog written on Jan. 30, you nearly experience the emotions yourself through Wilhelmina's writing.

Now today, it's time to say goodbye. Jason is going back. Excitedly he packs his suitcases and carries the boxes of dried soup mix and apple chips donated and manufac-

tured by the Gleaners, to the car.

My heart is torn once again. I would so love to go back with him, to hug Denise (her neighbour) and hold her children in my arms, to see Haiti for myself once again.

To visit Dana (a friend) and check on the feeding program children and the orphanage kids. To make sure the little boys outside our gate still have enough food for their families to eat. Jason reassures me that he will do it for me.

For now there is nothing she can do except to pray and encourage others to donate.

"I would suggest they donate to mission/humanitarian aid organizations that are already in Haiti. Red Cross, Mission Aviation Fellowship, Child Hope International," she said.

Thirty-four seconds that changed so many lives. Thirty-four seconds is all it took to change everything. Haiti has a hold on my heart.

And it has a hold on the entire world. For more information, a look at more photos or to donate you can visit the Kruls' website at mafkrul.com

Far left:

Over 200,000 people died in Haiti after a devastating earthquake Jan. 12 completely destroyed countless buildings and homes.

Left:

A woman waits for medical attention like thousands of others on the island.

SUBMITTED PHOTOS

Use caution when indoor tanning

By JANELLE SCHEIFELE

At least three Canadians die each day from skin cancer, which is about one every seven hours.

"Research shows 70 per cent of indoor tanners are female, primarily 16 to 29 years old. Indoor tanning at this age increases the risk of developing skin cancer. It is very important for women to be aware of the risks of artificial tanning," said Cheryl Rosen in a press release. Rosen is a dermatologist and the national director of the the Canadian Dermatology Association's sun awareness program.

The World Health Organization's International Agency for Research on Cancer recently upped UV tanning beds to group one, the highest cancer risk category.

And, proposed federal legislation would require radiation warning labels on tanning beds, clearly linking ultraviolet rays to cancer.

On Feb. 1 the CDA launched its Indoor Tanning is Out campaign, a program they hope will warn Canadians about the dangers of indoor tanning. Research has shown that using tanning beds before age 30 can lead to increased risk of developing melanoma, the deadliest form of skin cancer.

The CDA is also putting together a petition asking the government for legislation banning indoor tanning.

The president of Fabutan, Canada's largest indoor tanning company, stressed that the research doesn't prove the UV light in tanning beds has caused the increased amount of melanoma.

"There are studies that show correlation, just as there would be if you did swimming and drowning, but that does not mean causation," Doug McNabb, president of Fabutan, said in a Feb. 3 Waterloo Region Record article.

On Fabutan's website there is a section on vitamin D, which is important for the body's regulation and absorption of calcium, magnesium and phosphorus. In addition to oral ingestion, the sun, or UVB light exposure from indoor tanning, can provide the levels we need.

However, until the research is conclusive, caution should be exercised when tanning indoors, especially for those under 30. You should speak to your doctor about the risks, to evaluate your skin type and get his or her suggestions on length of time and which type of tanning to use. For sun exposure outside, both the CDA and Fabutan stress sunscreen is the best protection.

The views herein represent the position of the newspaper, not necessarily the author.



Could you stab me and then watch me suffer for five minutes?

It's time to stop hunting the helpless

What is red, white and grey all over?

The answer is the Atlantic Ocean, as the Canadian commercial seal hunt kicked off Feb. 8 from Hay Island, located off the coast of Cape Breton.

Seal hunting has, in the past, been a significant source of income for east-coast Canadians. In the late 1800s, it was considered the second most important industry in Newfoundland, only surpassed by cod fishing. Today, however, is another story. As of 2008 a mere .04 per cent of Newfoundland's gross domestic product was produced by seal hunting. The price of a seal coat has dropped from just under \$60 to a mere \$14, making seal hunting much less economically practical.

Canada is one of only five countries that still practises commercial seal hunting. Although an important part of our past, seal hunting can be extremely cruel and often causes unnecessary suffering for the animal. Canadians should be imploring politicians to halt the heartless, barbaric practice.

Over 97 per cent of the estimated one million harp seals killed in the past four years have been under the age of



Nicole Hannusch
Opinion

three months, with the majority under one month. Legally, a seal has to begin moulting and be independent from its mother before it can be hunted. What may sound like a fair opportunity for the seal to grow up is actually a miniscule 12 to 14 days of life. Within 25 days, the average seal has reached the "beater" stage, which is when most commercially hunted harp seals will meet their demise.

Most seal hunters use a rifle as their primary hunting weapon, with a hakapik, or club, as the secondary weapon of choice. One case study, referred to by an article from the Canadian Veterinary Journal, reported that three in every eight seals that were shot with a rifle from a hunting vessel were not killed by the first shot. The Agreement on International Trapping Standards then gives a range of 45 to 300 seconds as an acceptable time to finish the kill, which translates to up to

five minutes of terrified suffering for the young animal.

The Council of the European Union approved a law last July which banned the import of seal products in 27 EU States. It is a step in the right direction, however, the decision has been met with much resistance, including a lawsuit from the Canadian Inuit in the European General Court which is looking to overturn the legislation. The EU included an exception in the law for products that were not-for-profit or that came from Inuit hunts, but did not include the Inuit people in the decision-making process.

“

Although an important part of our past, seal hunting can be extremely cruel and often causes unnecessary suffering for the animal.

”

The sad, unnecessary practice of killing baby seals has met its end in most of the world, and it is time for Canada to follow suit and stop commercial seal hunting.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer

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Spoke reserves the right to edit any letter for publication.

Address correspondence to:

The Editor, Spoke, 299

Doon Valley Dr.,
Room 1C30, Kitchener, Ont.,
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SPOKE

IS PUBLISHED AND PRODUCED WEEKLY BY THE JOURNALISM STUDENTS OF CONESTOGA COLLEGE

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February is heart month

Every seven minutes in Canada someone dies of a heart attack

By CHRIS BATT

As a food science professor at the University of Guelph, Rickey Yada is very familiar with the causes of heart disease.

Despite his education and training, Yada was unable to avoid a close call with the number 1 killer of Canadians. The 55-year-old professor received bypass surgery three and a half years ago, after displaying symptoms of a heart attack.

"It made me realize how fragile life is," said Yada. "You think it only happens to other people, but when it happens to you it's shocking."

Cardiovascular disease was the cause of 31 per cent of all deaths in Canada in 2005. Every seven minutes in this country, someone dies of a heart attack.

With parents who died of heart disease, and two brothers who suffer from heart problems, Yada decided to get involved with the Heart and Stroke Foundation. He began by getting involved with the foundation's fundraising efforts, and later became a council member of the organization's Guelph-Wellington chapter. Now, Yada speaks to groups about the dangers of heart disease and offers his story as an example.

"It's an issue that hits really close to home with me," said

Yada. "Experiencing it has really made me more knowledgeable about the disease."

Every February, the Heart and Stroke Foundation organizes Heart Month, which is the organization's largest grassroots fundraising initiative. Volunteers raise money through door-to-door canvassing, online canvassing and other fundraising activities. Larger fundraising events organized by the foundation are also held throughout the month.

"Heart Month is really about raising awareness of the disease," said Gina Sweet, area manager of the foundation's Guelph-Wellington office. "February is associated with Valentine's Day, so the heart theme is a natural fit."

Heart disease is expected to increase over the next several years, partially due to the increase in obesity among Canadians. Almost 60 per cent of adults over the age of 18 in Canada are overweight or obese.

"Many young people do not realize that they may be part of the first generation who will pass away before their parents," said Sweet. "I am starting to hear more and more stories of people under 40 having heart attacks."

For more information about the Heart and Stroke Foundation's events, visit www.heartandstroke.on.ca.



PHOTO BY CHRIS BATT

Volunteers from the Heart and Stroke Foundation will be canvassing door-to-door this month to raise funds. Audra Thompson, left, is a staff member who is helping organize the campaign, and Margaret Hingston is a volunteer.



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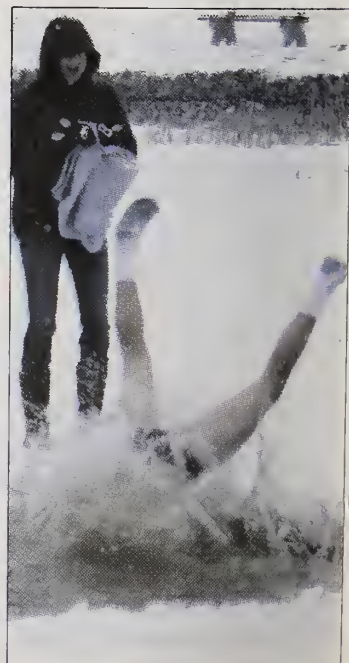


**Photos by
Alex Cooke**

Fifty-seven Conestoga students were brave enough to take a plunge Feb. 3 for the Canadian Cancer Society into six feet of water outside the cafeteria at Doon campus. Three awards were handed out. Rachel Ford won best costume, Matt Winter had the best jump and the most money raised award went to Nadir Chaudhry.



More than 100 spectators turned out to watch the students jump into the freezing water. St. John's Ambulance staff were on hand in case of injuries or side effects of the cold water.



freezing new depths

• dip to support the Canadian Cancer Society



The first-year pre-service firefighter training and education class were late arrivals to the plunge, but all 30 got their chance to jump into the frigid waters of the pond at Doon campus.





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It's true: We can't handle the tooth

By MITCH MUIR

Movie Review



Before I take my seat in the theatre, I make sure I get my standard bag of popcorn, a root beer and gummy bears. In the lobby, I say hello to a few friends of mine as they wait for their movie to start. Then I head to the theatre to find a seat. I need not have worried.

It was really odd seeing every seat empty. But as the movie progressed, I began to understand why not one single person (other than me, and I went specifically for the purpose of writing this review) went out of his or her way to watch it.

Dwayne Johnson (The Mummy Returns, Walking Tall), formerly known as The Rock, plays Derek Thompson, a hard-nosed hockey player whose big hits and aggressive tactics on the ice knock the teeth out of his opponents, effectively giving him the nickname "The Tooth Fairy." Off the ice, he's trying to win over the heart of his girlfriend Carly (Ashley Judd) and her two kids, Tess (Destiny Grace Whitlock) and Randy (Chase Ellison). He likes the kids as long as he doesn't have to spend a lot of time with the older son, who feels Thompson is only being nice to them to impress his mom.

He doesn't do too badly, until he makes one grave error: He tells Tess the tooth fairy isn't real.

Because of this, he's brought in by his new case worker, Tracey (Stephen Merchant, from the British version of The Office), to work for the fairy godmother, Lily, played by Julie Andrews (Shrek 2 and 3, Enchanted), who convicts him of first-degree murder of fantasy and informs him he now has two full weeks of tooth fairy duty. This means Tracey and Lily can call him anytime and anywhere, and he has to comply no matter what the situation, or they add another week to his sentence.

But you can't do the job without gadgets to go along with you to every home. For this, he's sent to meet with Jerry, played by Billy Crystal (Analyze This, Analyze That), the fairy equivalent of Q for James Bond at MI-6.

But Derek doesn't get any fancy cars or weaponry here. It's all just invisibility spray, shrink paste and amnesia dust, before going through flying class where he learns about flying object avoidance.

The thought of having someone like Johnson turn into a tooth fairy is a neat idea. Too bad I can't say that about the rest of the movie.

When I go to see a movie calling itself a comedy or even a romantic comedy, I expect to laugh.

Thompson said, "The reason there are so many unhappy people in the world is because they're all hanging on to a bunch of what-ifs."

He's right. What if this movie was good? Well, I'd be happy.

The script is full of corny jokes that just don't work. In one part Thompson is trying to figure out how to be a tooth fairy, and he says, "I guess I'll just wing it."

Are you kidding? These are professional writers.

Needless to say, I was quite disappointed with the movie as a whole. Normally we'd be able to come up with at least one or two good things to say, but this movie has no redeeming qualities at all.

As a matter of fact, I think the last comment made by the writers just before they began working on the script was "I guess we'll just wing it."

I cannot in good conscience give this movie any more than one out of five stars.



INTERNET PHOTO

Movie critics everywhere have panned The Tooth Fairy.

POSTER SALE DRAWS A CROWD



PHOTO BY NICOLE HANNUSCH

The Conestoga College poster sale wrapped up on Feb. 5. Those who waited too long missed out entirely if graduating this year, or if returning, will have to wait until September for the wide selection of prints to return to the Doon campus.



PAPER



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WRONG BIN=LANDFILL



Speed matching makes a difference

By JUSTINE REIST

Want to do some good but you just can't find the time to research which organization to volunteer with? The United Way of Kitchener-Waterloo has a way for you to find out about organizations through an old-style dating service.

Volunteer speed matching is set up just like speed dating, but the daters are community organizations that are seeking volunteers. At a recent event, busy professionals were invited, since they often can't find the time to do research on different volunteer opportunities. The daters met for three to five minutes with 15-20 different organizations to gain knowledge and ask any questions that they

had. They then were given a card to write down organizations they were interested in volunteering at.

"It's a great event to attend," said Prachi Surti, a communications co-ordinator at United Way. "Even if you don't find a place to volunteer at right away, you are still learning about 20 different organizations that you may not have known about before."

This is the third speed-matching event that the United Way has run, the second for busy working professionals.

"We ran one for high school students as well so they could find positions for their community service," said Surti.

The last event took place Feb. 16 at the Flying Dog

Restaurant where organizations such as the Kitchener Public Library, Kidslink, YMCA and Big Brothers/Big Sisters met with potential volunteers.

"We give the organizations information on each individual as well," said Surti. "So even if the individual was unsure of that organization, they can still be contacted and maybe further the information they received."

The second "date" consists of the potential volunteer and organization meeting to go into more information regarding the position and filling out paperwork if the volunteer signs on.

If you'd like to find out more about future events go to www.volunteerkw.ca.



PHOTO BY JUSTINE REIST

A potential volunteer meets with the Hospice of Waterloo Region to gain information about a volunteer position. The Hospice is a volunteer organization dedicated to providing comfort, care and support to people affected by life-threatening illness.

Eat dinner with Vance on Wednesdays

By DANE BRASON

Every new year people make a resolution to be a better person. The most common resolution is to get fit and healthy. If you are one of the few who haven't given up on your goal, there is a Conestoga student who can help keep you motivated.

Vance Taibossigai, a second-year dietetic technician student, is promoting healthy living this year as part of his co-op. One of the ways he is doing this is by starting a Walk to Dinner With Vance program, during which you can walk with him and many others from the school residence to the Sanctuary cafe-

teria for a healthy meal.

"I'm just trying to promote healthy living by giving students a healthy dinner," said Vance. "I'm going to try to get a different meal planned every week to add some variety."

Every Wednesday you can either walk with Vance and friends from the residence or

you can meet him in the Sanctuary at 6 p.m. Some of the meals you can expect are spaghetti and meatballs, lasagna and shepherd's pie.

If you would like to participate and enjoy a great meal with friends you can join Vance's Facebook page and search for Walk to Dinner with Vance.

LETTER TO THE EDITOR

Housekeeping staff praised for job well done

The Feb. 8 issue of Spoke featured an article titled, Students satisfied with housekeeping (written by Michelle Sommer).

I wanted to provide praise for the recognition shared in Spoke to the tremendous housekeeping staff who work tirelessly toward providing a college community that is clean, welcoming and inviting for all.

So often we don't share enough recognition of those who work so hard "behind-the-scenes" in providing a clean and sanitary environment that many of us are so proud to consider our second home, here at Conestoga College.

The positive interactions I have on a day-to-day basis with the fantastic team also make me feel encouraged to know that they also consider this their second home.

Never should we under-appreciate the roles that each of us play toward making a positive college community.

I encourage everyone to take the time to share their appreciation with the great housekeeping team for all that they do to help make our campus a kind of community we're proud to be a part of!

Thank you, housekeeping, for being the difference!

Ryan Connell, student life programmer

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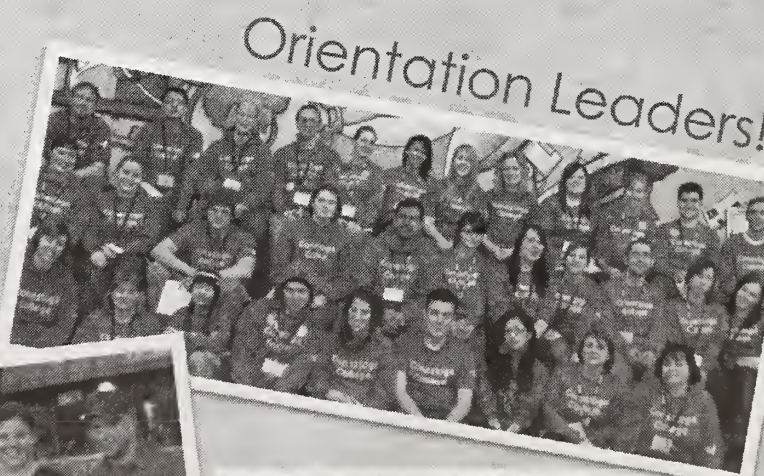
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Workshop helps develop leadership skills

By MITCH MUIR

It's not about the certificate they acquire from the workshop. It's not about getting credit for the hours spent in the two-hour sessions either.

It's about the knowledge, skills, understanding, friendship and confidence students of all ages gain.

"This is a great opportunity for students to meet other students in the different programs," said Stephanie Den Haan, a first-year health informatics student, about the Connect Leadership Workshop Series. "This series is hosted in a positive interactive way to keep everyone involved and an amazing way to view the world from different perspectives. I have attended three sessions and wish the sessions were longer in length as they are so much fun. I would even attend a Saturday session."

Other students share Den Haan's sentiments about the workshop, which further develops students' leadership skills and potential while enhancing their resume and employment portfolio.

"These (workshops) are so helpful," said Therese Lynn Miller, a second-year early childhood education student. "They give encouragement to try new things and work with people in a team setting even

if you've never met before."

She said the series not only gives the students skills, it also promotes lifelong learning.

"Anyone can benefit from this, no matter your gender, race or age. For those who are open to joining, I say get in. You will not regret it."

Sarah Daly, a co-facilitator for the workshop titled Participate! Motivate! Inspire!: Building an Effective Team, sees the program growing because of the students who enjoy it so much.

"I think each time we conduct a workshop, it gets tighter and more cohesive," she said. "So I think the series as a whole will continue to get stronger over the next five years."

Miller said the series ended up meaning more to her than she thought it would.

"In the beginning it just looked interesting and I had no real expectations. Now that I have been to them, and I know how awesome they are, I simply look forward to walking away with some more knowledge and some more skills (and) something that I didn't know before."

She loves hearing the other people's ideas and opinions because "it is only by listening to others that we keep an open mind, and this is really

important."

Den Haan thinks highly of the facilitators and the students involved.

"This has been a great group of people, many students are attending many of the sessions so it is great to see new faces again and become more acquainted," she said. "The facilitators are a positive group of people, who keep the sessions full of energy. The combination of the facilitators and students have provided a great learning opportunity for all involved."

One of the other facilitators is Norma McDonald-Ewing, from recreation and leisure services. She was part of the committee that helped develop the series and was then asked to consider becoming a facilitator.

"I love being involved in the facilitation of the workshop," she said. "It gives me an opportunity to work closely with the Student Life department, to work with other faculty members and to work with and get to know learners from other programs at Conestoga. I enjoy that the learners often stay in touch beyond the workshop."

McDonald said each time she talks about the series or speaks in a workshop, she benefits from new knowledge in the same way as the people she's leading.



PHOTO BY MITCH MUIR

Christy-Lee and Janet are sisters who are taking part in the Connect Leadership Workshop Series this semester. They both think the series is positive, fun and educational.

"The diversity of the learners in the workshops provides for a very enriching experience as a facilitator."

Kathleen Griffin is in her second semester of the human services foundations program, which is only a one-year course. She intends to run for the director of awareness position on CSI next September. The position is currently held by Kristen Carmichael.

Griffin said everyone should sign up for the workshops.

"You really connect with students that aren't in your program and you really find out about yourself."

She has been to every workshop so far.

"For me, because I want to run for CSI, hopefully for next September, just making the different connections with people on CSI (and) people in different programs that are going to help me when I'm actually going to campaign has just been amazing," she said.

The program runs in two-hour sessions. The next three workshops are Feb. 25, March 3 and March 9. For more information, talk to Bonnie Lipton in the Student Life Services office across from Tim Hortons, or email her at blipton@conestogac.on.ca.

Dodgeball leagues renew people's passion

By GREG COWAN

The Winter Olympics are underway, but there is still one sporting event you won't be able to watch: dodgeball.

For most adults, dodgeball remains only as a vivid memory of their high school years.

For some reason, growing older pushes dodgeball further out of the present and into the past. Instead, sports such as volleyball, soccer and touch football are enjoyed at company picnics and family get-togethers. All the while, the urge to hurl a red rubber ball at your opponent may still linger, but the outlet for that urge is rarely found in the adult world. Well, DodgeballSport out of London, Ont., is here to help.

"DodgeballSport began promoting dodgeball to give people an alternative sport to play as opposed to most traditional sports," said Mike Worden, the local dodgeball guru.

Established in 2005,

DodgeballSport offers adult co-ed recreational dodgeball leagues and tournaments. Dodgeballers from all over southwestern Ontario come to London to show off their reacquired skills in the game they all once shared a passion for.

Our annual tournament now gathers teams as far as three hours away.

— Mike Worden

Four years ago the startup league had one tournament and about 70 players. Now they can support a fall and winter league with space for 32 teams and up to 400 players. Games are played on four courts every week at Saunders Secondary School in London. The league even has 14 referees on staff to

make sure everything says under control.

Perhaps the most popular event at DodgeballSport is the annual tournament in early spring. It attracts players and teams as far as three hours away. In November 2009 the league hosted a youth tournament for the next generation of adult dodgeballers. Plans are underway to expand that tournament into a youth league for 2010.

"Our annual tournament now gathers teams as far as three hours away," said Worden.

Leagues like this one are helping the sport gain popularity. A quick search of the Internet turns up several similar leagues across and tutorials across Canada for players looking to brush up on their skills.

Maybe at the next company picnic or family reunion a game of dodgeball will be suggested and enjoyed thanks to organizations such as DodgeballSport.

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Exploring a giant colon fun and educational

By NICOLE FRANK

People of all ages had fun walking through a giant 12-metre-long colon at Waterloo Town Square on Feb. 6 and 7, and were educated about colon cancer and prevention at the same time.

According to the Canadian Cancer Society, approximately 8,100 Ontarians were diagnosed with colon cancer in 2009 and 3,300 died from the disease. Ontario has one of the highest rates of colon cancer in the world, but if detected in time with regular screening, there is a 90 per cent chance it can be cured.

Jen Knarr, the marketing co-ordinator for the Waterloo Wellington Regional Cancer Program, said 2,000 people saw the exhibit on Feb. 6 and thousands more came on Feb. 7.

"I was shocked how many people showed up on Super Bowl Sunday," Knarr said.

Dr. Sophie Wilson, regional primary care lead for the Waterloo Wellington Regional Cancer Program, said colon

cancer is the most deadly cancer among non-smokers. Colon cancer is hard to detect because there are rarely symptoms during the first stages.

"(Colon cancer) is the silent cousin of all other cancers," Wilson said.

She added that some people might be embarrassed to get tested for colon cancer, but there is a test that can be taken at home. The home screening test, called a Fecal Occult Blood Test, is available from family physicians or at walk-in clinics. The home test requires two small samples of stool on three different days which is then mailed in a postage-paid envelope for laboratory analysis. It tests for blood in the stool, which can be a sign of colon cancer.

"It's not that often that you can send your crap to the government," Wilson jokingly said.

The Canadian Cancer Society stands by eating a healthier diet, leading an active lifestyle, not smoking



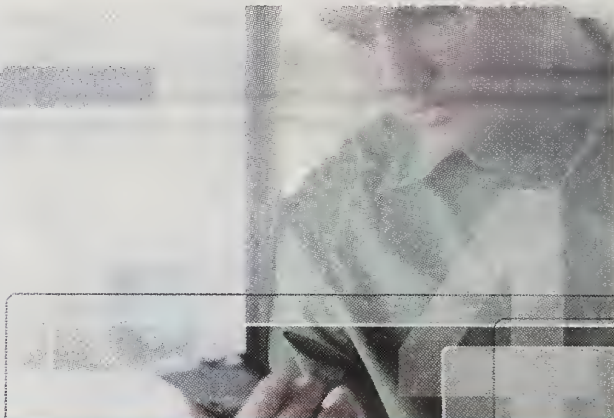
PHOTO BY NICOLE FRANK

People of all ages entered the giant colon at Waterloo Town Square on Feb. 7.

and only drinking alcoholic beverages in moderation to reduce the risks of any type of cancer.

Paul Miller was diagnosed with colon cancer five years ago. He was so grateful that he got tested when he did.

"I don't know where I would be if I didn't get tested when I did and it's mega easy," Miller said.



As a student, you're thinking: 'One day, I'll get my hands on some real money.' How's March 17, 2010?

HERE'S HOW IT WORKS

First, sign up at cga-ontario.org/contest and obtain a user name, password, and choose your level of difficulty for the contest by Tuesday, March 16, 2010.

On Wednesday, March 17, 2010 login by 3 p.m.

The competition begins promptly at 4 p.m. (on that same day) and lasts one hour.

Eligibility is restricted to students currently enrolled at an Ontario university or college.

CHOOSE YOUR LEVEL OF CHALLENGE

Eligible and registered students choose between two levels of difficulty; both levels offer cash and scholarship prizes (see 'A Rewarding Experience' for details). Choose your level carefully – this decision could earn or cost you cash, that is, a realistic chance at being in the winners' circle.

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3rd place = \$1,000 cash and a \$5,000 scholarship towards the CGA program of studies.

Intermediate and Advanced:
100 Multiple Choice Financial Accounting Questions

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3rd place = \$1,500 cash and a \$5,000 scholarship towards the CGA program of studies.

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The university or college that boasts a first-place winner in either level receives a donation of \$5,000 from CGA Ontario awarded to its accounting department.

INDIVIDUAL INSTITUTION PRIZES

A cash prize of \$100 and a scholarship

worth \$1,000 towards the CGA program will be awarded to the winning student from each institution that has students registered.

SIGN UP TODAY

Additional information about the contest and the rules and regulations is available at cga-ontario.org/contest.

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